

Welcome to Middle School Spring Sport Season 2023-2024 - Track and Field. Hopefully this will answer all of your questions, but should you have more questions, feel free to reach out to AD Wright or Coach Johnson.

Head Coach Nate Johnson johnson_nathan@svvsd.org

- a. Asst Coach - Kelsey Hughes hughes_kelsey@svvsd.org
- b. Asst Coach - Evan Beamis beamis_evan@svvsd.org

Athletic Director - Cameron Wright wright_cameron@svvsd.org

Season timeline:

- Registration - Open now.
- First day of practice 3/11/24

St Vrain Valley School District Rules:

- All meets, including the District Meet, will follow these rules:
 - All of the participants will be entered in heats.
 - No limit on entries per event.
 - Timed finals, only (HEATS AGAINST TIME).
 - Seed to place best efforts in the last heat.
 - Spike requirements is $\frac{1}{8}$ " or 3/16"
- A participant shall be limited to four events in any track meet.
 - A participant cannot compete in more than three running or three field events at any meet.
 - A 7th or 8th grade participant may enter both the 800 and the 1600.
- Lightning - weather apps - "weatherbug" or "my lightning tracker"
 - 8-10 miles clear the area
- Transportation
 - Only one bus provided for traveling schools
 - Buses will leave schools between 1:30 - 2:15. ONE WAY TRANSPORTATION, you must pick up your athlete from the meet.

Running Events:

- **4X400 relay** (girls / boys - may run together)
- **100 m hurdles** (Girls & 6th gr. boys - yellow lines 30 / 7th & 8th gr. Boys - blue lines 36)
- **100 m dash** (girls / boys)
- **4x200 m relay** (girls / boys) *no acceleration zone*
- **1600 m run** (girls / boys - may run together if numbers allow)
- **400 m run** (girls / boys)
- **200 low hurdles** (girls-30 / boys-30)
- **200 m dash** (girls / boys)
- **800 m run** (girls / boys - may run together if numbers allow)
- **4x100 m relay** (girls / boys) *no acceleration zone*

- **Field Events:** (run at the same time as running events)
- **Discus** - 1K
- **Shot Put** - girls (6lb.) boys (4K)
- **Long Jump**
- **High Jump**
- **Triple Jump (no run throughs)**

Athletes can compete in a max of 4 events, with a 3 and 1 or 2 and 2 philosophy.

- 3 field events and one track event (or vice versa)
- 2 and 2 (two of each)

Twin Peaks Logistics.

- You must be registered to play - sign up is [available here](#)
- Practice is everyday from 3:15 pm - 4:30 pm
- After practice - Please pick up your athlete in the student parking lot adjacent to the track.
- All communications will be through rooms, and your student/athlete will be added to the middle school track room when they have registered.
 - If you have not received a coaches update on Friday, March 8th, please contact Coach Johnson to be added to the list.
- Meet day protocol:
 - Your student athlete will leave school for away meets at 2 pm. They will be bussed to away meets, and parents need to arrange transportation from the meet to home.
***This needs to be within 15 minutes of the end of the meet.**
 - Coaches Weekly Update will be posted every Friday via rooms. Be sure to subscribe.
 - Athletes are allowed to wear their t-shirts to school on meet days. The rest of the dress code still applies.
- Participation is a privilege. Should your student /athlete not be participating regularly in practice, or not coming to practice. Or is a distraction to others, they may be asked to no longer participate, and your fee will be refunded.

Schedule of Meets

Monday, April 1, 2024	Twin Peaks	Twin Peaks- Host
3:30 PM		

Monday, April 08, 2024		TBD
3:30 PM		

Monday, April 15, 2024		TBD
3:30PM		

Friday, April 19, 2024	6th Grade Meet	At Trail Ridge/Skyline
3:30 PM		

Monday, April 22, 2024	Twin Peaks	At Twin Peaks/Longs Peaks - Host
3:30 PM		

Thursday, April 25, 2024	7th/8th grade meet @ Longmont HS	Longmont High School
2:00 PM		

Should any questions arise, or anything you feel is not included in this communication, please feel free to contact Coach Johnson or AD Wright.

Final note - The SVVSD intramural program is designed to increase participation in the sports offered. It is not the most competitive environment, and the practice time will be used to promote participation in the sport. Please understand that going in, and we hope your student enjoys the sport they've chosen to play.